

## Berry Bliss LeanMR

2 scoops Vanilla LeanMR  
1/2 cup fresh blueberries  
1/2 cup fresh strawberries  
1/2 cup fresh raspberries  
1<sup>1</sup>/<sub>2</sub> cups nonfat milk

Place all ingredients in a blender and blend until smooth.  
Add crushed ice as desired for a rich milkshake effect.

<b>Calories</b>	<b>402</b>
<b>Fat (g)</b>	<b>2.5</b>
<b>Saturated Fat (g)</b>	<b>0.5</b>
<b>Cholesterol (mg)</b>	<b>7</b>
<b>Sodium (mg)</b>	<b>322</b>
<b>Carbohydrate (g)</b>	<b>61</b>
<b>Fiber (g)</b>	<b>16</b>
<b>Protein (g)</b>	<b>35</b>
<b>Calcium (mg)</b>	<b>756</b>

